



Fentress County School System/Alvin C. York Special School Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Fentress County School System/Alvin C. York Special School.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Fentress County School System/Alvin C. York Special School that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include tobacco use, discrimination/harassment/bullying/intimidation, head lice policy, drug free schools, student guidance program, physical examinations and immunizations, communicable diseases, student psychological services, student social services, accidents and illnesses, student wellness, emergency allergy response plan, no peanut policy – rescinded, mental health procedures and guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$169,692.00

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Upper Cumberland Coordinated School Health Coordinators | ➤ Quality Home Health Care (provided nurses for health screenings at elementary schools) |
| ➤ Tennessee School Health Coalition | ➤ Second Harvest Food Bank |
| ➤ RHAT | ➤ Upper Cumberland Regional Health Office |
| ➤ Tennessee Tech University | ➤ Fentress County Health Department |
| ➤ Tennessee Technology Center of Oneida (provided student nurses for screenings at high schools and student nurses complete a 5 week rotation in schools) | ➤ TENNder Care |
| ➤ Partnership with Fentress County Drug Coalition | ➤ Youth Villages |
| ➤ UT Extension (TNCEP and 4-H) | ➤ Department of Children's Services |
| ➤ Partnership with Jamestown Regional Medical Center | ➤ Fentress County Boys and Girls Club |
| | ➤ Volunteer Behavioral Services |
| | ➤ Plateau Pregnancy |
| | ➤ Children's Center of the Upper Cumberland's |
| | ➤ Clarkrange High School FCCLA |
| | ➤ York Institute HOSA |
| | ➤ Avalon Center |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy School Teams, Fresh Fruits and Vegetables, school health screenings Stakeholders' Advisory Board, and Engage – Parent Involvement program. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Mile Run, health fairs at the high schools, Red Ribbon Week, and the 5k/1mile fun run Buffalo Stampede. Approximately 191 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Fentress County School System/Alvin C York Special School, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – Fentress County School System 2010-2011 school year BMI 1086 students' screened and 575 students referred, Blood Pressure 1088 students' screened and 25 students referred, Vision 1094 students' screened and 93 students referred, Hearing 1345 students' screened and 32 students referred, Scoliosis 206 students' screened and 27 students referred;

Alvin C York Institute 2010-2011 school year – BMI 156 students' screened and 80 students referred, Blood Pressure 155 students' screened and 23 students referred, Vision 162 students' screened and 16 students referred, Hearing 163 students' screened and 1 student referred. Total numbers of screenings for 2010-2011 were 5455. Total numbers of referrals for 2010-2011 were 872;

Students have been seen by a school nurse and returned to class – Fentress County Schools 2010-2011 school year, students seen by the school nurse 21,153, students sent back to class by school nurse 19,164;

Alvin C York Institute 2010-2011 school year – students seen by the school nurse 5,849, students sent back to class by school nurse 5,614;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Preliminary Data for 2010-2011 for the Fentress County School System showed 2% of students are Underweight, 48% of students are Normal Weight, 18% of students are Overweight, and 32% of students are Obese;

Alvin C York Institute -- 2% of students are Underweight, 49% of students are Normal Weight, 18% of students are Overweight, and 31% of students are Obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include AES- Climbing Wall, Soccer Goals, Health Education Curriculum, Nutrition Education, PHES – Walking Trail, Playground safety, Health Education Curriculum, Nutrition Education, SFES – Playground safety, Take 10 Curriculum, Health Education Curriculum, Nutrition Education, YES – Fitness Stations on walking trail, Climbing Wall, Health

Education Curriculum, Nutrition Education, CHS- Walking trail, Outdoor Volleyball court, Outdoor Basketball Court, Portable Soccer Goals, Health Education Curriculum, Nutrition Education, YAI - Outdoor fitness course;

Professional development has been provided to counselors, physical education teachers, and nurses. Counselors – Michigan Model, Take 10! , mental health, physical education teachers – Physical Education Workshop at Tennessee Tech (3 years), Nurses – Tennessee Association of School Nurses (4 years), East TN Children's Hospital- School Nurse Conference, Asthma Awareness, Blood Borne Pathogens, Diabetes Update 2010 by Children's Hospital at Vanderbilt, South Eastern Regional Character Education Conference, School Nurse Alliance, Food Service – Ken-Ten, CSH Institute, Bus Drivers – Safety Workshop, Coordinated School Health - Ken-Ten, CSH Institute, Regional Spring Conference, TAHPERD, RHAT, PANTS, South Eastern Regional Character Education Conference, School Nurse Alliance.

School faculty and staff have received support for their own well-being through Health Screenings and wellness programs.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – purchase of Michigan Model curriculum for each school;
- Physical Education/Physical Activity Interventions – providing physical activity equipment for classroom teachers, Take 10! training offered, updating playgrounds;
- Nutrition Interventions – contract with a Registered Dietician, Fresh Fruits and Vegetable grant at South Fentress Elementary, Stars Healthier Food Choice Program in all cafeterias, strengthened partnership with TNCEP;
- Mental Health/Behavioral Health Interventions – mental health policy and procedures, new MOU's established, and training for all faculty on mental health.

In such a short time, CSH in Fentress County School System/Alvin C. York Special School has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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